

bhindi /bin'-dee/ [Indian] okra. *also* **bindi**

bhujia /boo'-jee-uh/ [Indian] Bengali-style fried vegetables.

bhuna /boo'-nuh/ [Indian] a style or stage of cooking characterized by stir-frying curry spice ingredients and vegetables to a caramelized or dry state while adding minimal water, thus yielding a concentrated paste-like gravy. The term may also be loosely applied to describe any dry-fried curry dish.

bhurta *see* **bharta**

bhutuwa [Nepali] fried.

bialy /be-ollie/ [Jewish, named after Bialystock, Poland] a popular flat roll with a bagel-like texture, having a small depression in the top filled with chopped onions.

bibim bap, bibim bop [Korean] a dish of rice and assorted common or exotic vegetables, usually topped with pieces of grilled meat, chile paste, and fried eggs, or sometimes raw eggs. (*Note: foods prepared with raw [i.e., uncooked or unpasteurized] eggs may be unsafe for pregnant women, young children, older adults, and those with compromised immune systems.*)

bibinka, bibingka /bih-bink'-uh/ [Filipino] variable recipe for a popular dessert or snack made from sticky rice, coconut milk, sugar, and tuba (fermented palm-juice) baked on a bed of wilted banana leaves.

Bible tripe [Vietnamese] the lining from the third stomach of a cow or beef, used to augment soup.

bihun goreng /bee-hoon'-go-rheng'/ [Indonesian] stir-fried thin rice noodles (bee hoon) with vegetables and selected meat. *see also* **bee hoon**